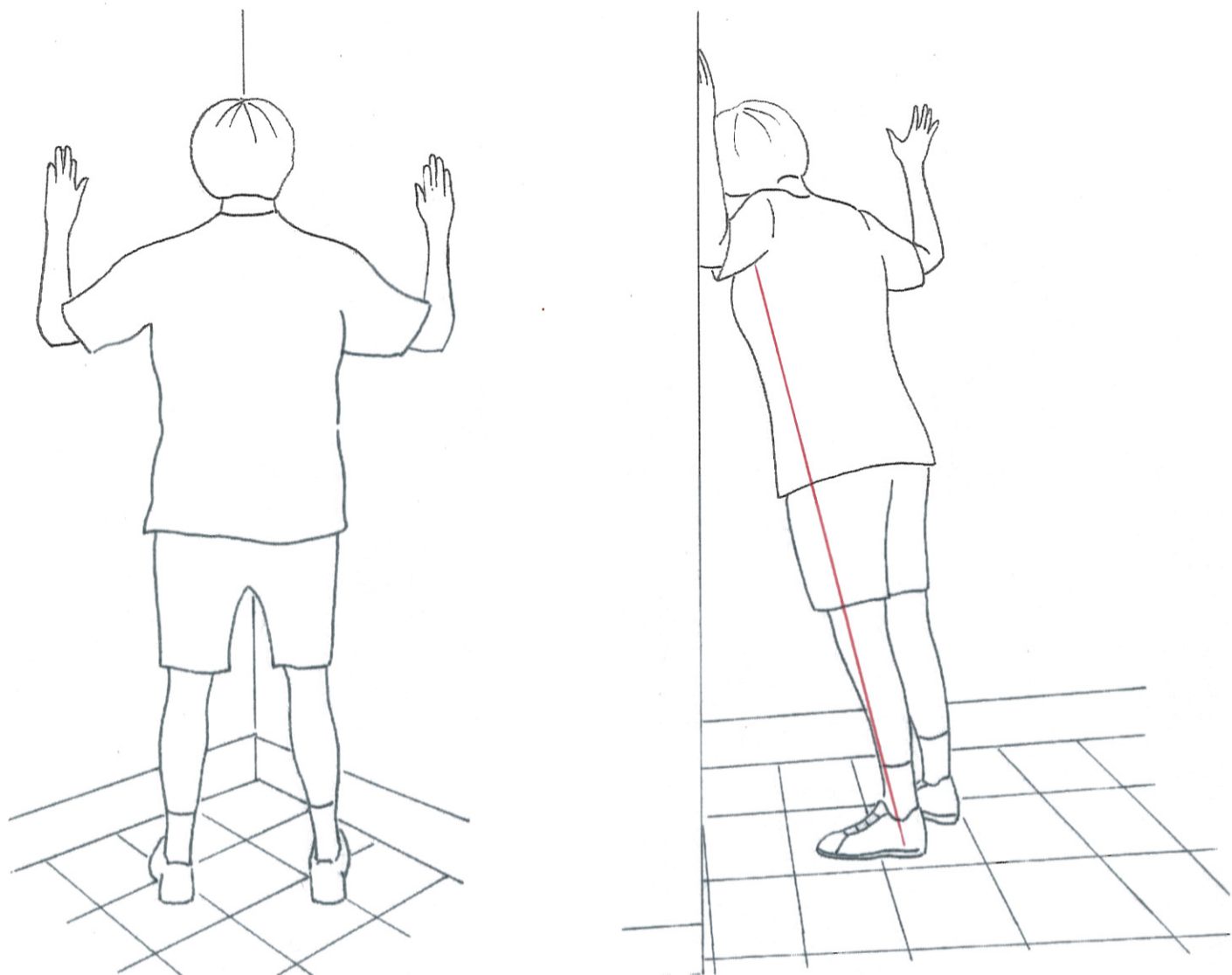


## Corner Stretch



**Instructions: Walk into a corner, with arms raised to shoulder height. Allow hand and forearms to contact the wall. Hold your head and trunk straight. Lean into the corner onto your forearms. You will feel stretch throughout the front of chest and shoulders. Hold the stretch for one minute. Do not allow your low back to arch. Repeat 3 times.**

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin